

FORMA | NOV MIND BODY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>LAUGHTER YOGA 8:00am Dolores</p>		<p>MINDFUL FLOW 8:00am Loan</p>		<p>MINDFUL FLOW 8:00am Loan</p>		
<p>BARRE STRENGTH 9:00am Laura</p>	<p>BARRE STRENGTH 9:00am Pam</p>	<p>CORE PILATES 9:00am Loan</p>	<p>BARRE STRENGTH 9:00am Linda</p>	<p>CORE PILATES 9:00am Loan</p>	<p>CORE X MEDITATION 9:00am Yuki</p>	<p>ROLLER FITNESS 9:15am Meg</p>
<p>CORE PILATES 10:00am Loan</p>	<p>MUSCLE MATNESS 10:00am Kerry</p>	<p>GENTLE YOGA 10:00am Loan</p>	<p>MUSCLE MATNESS 10:00am Kerry</p>	<p>BARRE STRENGTH 10:00am Jamie</p>	<p>YOGA BLEND 10:00am Jane</p>	<p>SUNDAY FLOW YOGA 10:30am (75 min) Ayesha</p>
<p>GENTLE YOGA 11:00am Loan</p>	<p>MINDFUL FLOW 11:00am Linda</p>	<p>BARRE STRENGTH 11:00am Jamie</p>	<p>YOGA BLEND 11:00am Jane</p>	<p>GENTLE YOGA 11:00am Claudia</p>	<p>CARDIO BARRE 11:00am Riana</p>	
<p>BARRE STRENGTH 12:00pm Tamara</p>	<p>YOGA DANCE FUSION 12:00pm Janet</p>	<p>CHAIR YOGA 12:00pm Jane</p>	<p>RESTORATIVE STRENGTH 12:00pm Jane</p>			
<p>BARRE STRENGTH 4:30pm Laura</p>	<p>CORE PILATES 4:30pm Meg</p>	<p>BARRE STRENGTH 4:30pm Chari</p>	<p>CORE PILATES 4:30pm Loan</p>			
<p>HATHA FLOW 5:30pm Samantha</p>	<p>VINYASA FLOW 5:30pm Loan</p>	<p>DEEP CORE 5:30pm Yuki</p>	<p>VINYASA FLOW 5:30pm Loan</p>	<p>RESTORATIVE YOGA 5:30pm Pam</p>		
<p>DEEP STRETCHING & BREATHWORK 6:30pm Amaru</p>	<p>GENTLE YOGA 6:30pm Jenny</p>	<p>COREX CANDLELIGHT 6:30pm Yuki</p>	<p>ELEMENTAL FLOW 6:30pm Dorian</p>			<p>MINDFUL FLOW 6:00pm Claudia</p>

Yoga Teacher Training starts Feb 2024.

For questions and contact Yuki at yuki@formagym.com